



City of Somerville

June 2017

# Council on Aging

167 Holland St., Somerville, MA 02144 617-625-6600, ext. 2300

Holland Street Center

Ralph & Jenny Center

Cross Street Center



## Do You Know Your Council On Aging?

The Council on Aging offers a wide variety of programs, classes and events that not only strengthen the body but also the mind. We offer a range of fun and entertaining activities that will make you laugh and bring a smile to your face. In addition to our Fit-4-Life Program and our Nutrition Classes we offer Tai Chi, Yoga, Strengthening, Bowling as well as Biking and Walking groups.



Exercising not your thing? How about attending one of our many Groups? Currently we offer over 14 different Groups which meet either on a weekly or monthly basis. Veteran's Group, Current Events Group, Gardening, Arts & Crafts and Senior Housing 101 - just to name a few.

Like to travel? The Council on Aging offers both day and overnight trips to a variety of fun and interesting places. Some of our upcoming trips include Foxwoods, Castle Island, Niagara Falls & Toronto and Vermont.

Do you just want to relax and socialize? How about attending one of our weekly special activities? Or maybe join us when we have our monthly pizza & movie.



You can always stop by any of our centers just to say "Hi" and have a cup of coffee.

There is never a lack of things to do when you attend the Council on Aging.

*We hope to see you soon!*

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## A Message From Our Mayor

*Dear Somerville Resident,*

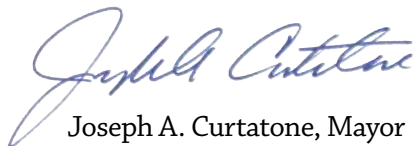
Summer is just around the corner bringing with it the warmer and sometimes humid weather. It is an important time to remember to stay cool in the heat and drink plenty of water.

Our monthly breakfast will be on June 5<sup>th</sup> this is the last breakfast till September. The Memory Café events have been nicely attended please feel free to check out these and all the Council's events.

We are also glad to once again host our Fireworks Celebration on June 29<sup>th</sup> and family fun day at Trum Field on June 24<sup>th</sup>.

Come cool off at one our Senior Centers and participate in one of the many activities that we are offering and remember to get out and enjoy the season!

Sincerely yours,



Joseph A. Curtatone, Mayor

### INDEPENDENCE DAY FIREWORKS

Thursday, June 29<sup>th</sup> – Starting at 6:30 p.m. at Trum Field. Fireworks, entertainment and more. Join the SCOA as we celebrate July 4<sup>th</sup>! For additional information or to reserve your spot please call 617-625-6600, ext. 2300.

### FAMILY FUN DAY

Saturday, June 14<sup>th</sup> – From 12:00 p.m. to 4:00 p.m. at Trum Field. Free BBQ, games and so much more.

## Contacts & Information

### EXECUTIVE DIRECTOR

Cindy L. Hickey

### STAFF

Connie Lorenti, *Administrative Assistant*  
Natasha Naim, *LCSW, Social Worker*  
Ashley Speliotis, *LICSW Social Worker*  
Chris Kowaleski, *Health and Wellness Coordinator*  
Debby Higgins, *Outreach Coordinator*  
Maureen Bastardi, *Program Coordinator*  
Josephine Raczkowski, *Administrative Assistant*  
Kim Moss, *Ralph and Jenny Director*  
Judy Calvey, *Holland Street Director*

### BOARD

Suzanne Rinfret, *Chair*  
Roseanne Bent, *Vice Chair*  
Cheryl Horan, *Liaison to the Director*  
Louis Favreau  
Eddie Abate  
Marie Linscott  
Rose Earle  
Linda Cohen

### CROSS STREET CENTER

165 Broadway • 617-625-6600, ext. 2335  
Monday & Tuesday: 9:00 a.m. to 1:00 p.m.  
Thursday: 9:00 a.m. to 3:00 p.m.

### HOLLAND STREET CENTER

167 Holland Street • 617-625-6600, ext. 2300  
Monday - Thursday: 9:00 a.m. to 3:00 p.m.  
Friday: 9:00 a.m. to 1:00 p.m.

### RALPH & JENNY CENTER

9 New Washington Street • 617-666-5223  
Monday - Thursday 9:00 a.m. to 2:30 p.m.

### Main Office

167 Holland Street • 617-625-6600, ext. 2300  
Monday, Tuesday, Wednesday: 8:30 a.m. to 4:30 p.m. Thursday: 8:30 a.m. to 6:30 p.m.  
Friday 8:30 a.m. to 1:30 p.m.



# What's New From Your Social Worker Team

**Spring brought many new programs and events!**



*Happiness Boards from our Memory Café*

## Memory Café

Our first Memory Café was held this past May. Guests enjoyed coffee and conversation, listened to music and crafted a Happiness Board filled with actives and items big and small that make us happy every day. A memory café is a safe environment for our loved ones with cognitive concerns and their caregivers.

A café is a place to enjoy each other's company and meet others with similar concerns. With the goal to ensure that people with memory concerns stay connected with their communities we have adopted and adapted these cafés from Europe. Often times we worry about the stigma of taking our loved ones out to eat; what if they say the wrong thing, or people stare? A Memory Café is a judgement free space - don't stay isolated, come and enjoy!

Our next Memory Café will be on June 8<sup>th</sup> from 4:30 p.m. to 6:00 p.m. at the Mt. Vernon Restaurant. Space is limited. RSVP to 617-625-6600, ext. 2300! Please remember we do not have nursing/caregiver staff available.



## Golden Gals!

We also kicked off our new Women's Group, named The Golden Gals this past May. Our Women's Group is an ongoing social group held the third Tuesday of every month from 10:30 a.m. until 11:30 a.m. at the Holland Street Center. Come be a Golden Gal and make some new pals.

## Diabetic Shoe Clinic

Did you know that if you have diabetes and insurance coverage from Medicare you may be entitled to a free pair of shoes. Due to over-whelming response to our Shoe Clinic in April we have scheduled another clinic on June 5<sup>th</sup> from 9:00 a.m. to noon. Call Natasha or Ashley at 617-625-6600 ext. 2300 to schedule an appointment.



## June is Men's Health Month!

Anchored by a Congressional health education program, Men's Health Month has been celebrated in June for over 20 years! The goal of Men's Health Month is to raise awareness of preventable health problems and to encourage early detection of diseases among men. Did you know that men are at a greater risk of death in every age group? Or that almost twice as many men as women die of ischemic heart disease and significantly more men than woman die of most cancers? Yet, men make half as many physician visits for prevention then women? This June let's promote healthy behavior; schedule your yearly physical or join one of the Council on Aging's many programs focused on mental and physical health!

## It's Time to Bike!

We are excited to announce the return of the bike club. If you feel like pushing the pedals and taking a ride down the bike path, let us know. The club will be meeting on Tuesdays at 12:30 p.m. in Davis Square and will take participants out on bike/pedestrian-only paths for leisurely rides. Even if it's been a while since you last got on a bike, don't worry! We will be taking it slow! For more information, please contact Chris by calling 617-615-6600, ext. 2300.

## Tai Chi & Yoga

Stress is a part of life, but too much stress can be hard on the body and one of the best ways to help reduce stress is by doing Tai Chi. Tai Chi has also been shown to increase flexibility, improve muscular strength, relieve pain and improve quality of life in people. So if you are looking to reduce stress, build muscle, reduce pain or just looking to increase your quality of life, join us on Mondays at 11:00 a.m. at the Holland Street Center for Tai Chi. For more information, please contact Chris at 617-625-6600, ext. 2300.

## LGBTQ

### Monthly Happenings

On Wednesday, June 14<sup>th</sup> at 11:30 a.m. is our Monthly Luncheon at our Holland Street Center located at 167 Holland Street. RSVP by Monday, June 12<sup>th</sup>. There is a suggested \$2 donation.

On Monday, June 26<sup>th</sup> from 5:00 p.m. to 6:30 p.m. is our LGBTQ Ice Cream Social. All are welcome but you must RSVP.

On Monday, July 10<sup>th</sup> at 4:30 p.m. is the next Advisory group meeting. We are always looking for new members and we hope you'll join us.

Please contact Debby Higgins at 617-625-6600, ext. 2300 or email Debby at [dhiggins@Somervillema.gov](mailto:dhiggins@Somervillema.gov) to RSVP or if you should have any questions on any of the above events.

## 2017 Nutrition Fair

Here at the Somerville Council on Aging we are continually promoting Healthy living through fitness and nutrition. This past month we held our annual Nutrition Fair with over 80 area older adults in attendance. The focus of the fair this year was Nutrition and Healthy Aging with a focus on Free Radical and Aging, Diseases & Ailment related to aging, Inflammation & Aging and Eating for One. If by chance you missed the event, feel free to join one of our nutrition classes on Wednesday mornings at 9:00 a.m., 10:00 a.m. and 12:00 p.m. at the Holland Street Center with our new nutritionist, Delphine Van Roosebeke. We hope to see everyone in the fall for our annual Health and Wellness Fair which is tentatively set for Thursday, October 26<sup>th</sup>.

## Dancing and Yoga in the Park

Did you know that the City of Somerville has over 48 parks and green spaces? It is our hope again this year to utilize some of these parks. Starting later this summer, the Council on Aging will be hosting another series of dancing in the park and yoga in the park.

So if you enjoy dancing to some music or starting your day off with some gentle yoga stretching or Tai Chi join us as we enjoy our outdoor space. If you are interested in any of these two programs contact Chris at the Council on Aging for more information and to sign up 617-625-6600, ext. 2300.



*LGBTQ Health Fair*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>June 2017</h1>			<b>1</b> Ralph & Jenny Lunch & Bingo	<b>2</b> Holland Street Lunch, Bingo & Ice Cream Social
<b>5</b> Diabetic Shoe Clinic	<b>6</b> Men's Group	<b>7</b> Coffee & Conversation	<b>8</b> Memory Café	<b>9</b> Holland Street Lunch & Bingo
<b>12</b> Bereavement Group	<b>13</b> Low Vision Support Group	<b>14</b> LGBTQ Lunch	<b>15</b> Planning For The Future	<b>16</b> Book Club
<b>19</b> Veterans Group	<b>20</b> Golden Gals	<b>21</b> Holland Street Lunch	<b>22</b> Community Food Program (Brown Bag Program)	<b>23</b> Reminiscing Group
<b>26</b> LGBTQ Ice Cream Social	<b>27</b> Senior Housing 101	<b>28</b> Performer Doug Schmolze	<b>29</b> Independence Day Fireworks Trum Field	<b>30</b> Holland Street Lunch & Bingo
<p><b>Notice:</b> Trips must be purchased at the time of reservation. Trips are non-refundable. Trip Policy and our Standards of Independence are posted at all centers. All participants are required to have an Emergency Contact Information Form filled out prior to the trip or activity. Some trips are funded through grants and are for Somerville residents only! Parking for overnight trips is allowed at the Ralph &amp; Jenny Center only. To sign up for Council on Aging events or classes, please call 617-625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.</p>				





# Welcome Sara Harris!

Hello Fellow Residents, I want to take a moment and introduce myself to you. My name is Sara Harris and I am the new Public Health Nurse Manager for the City of Somerville. In this role I wear many hats, but my main focus is to keep every resident in Somerville as healthy as they can be. I have lived here my entire life and love everything that this city has to offer, especially all of you at the Council on Aging. Prior to being a Public Health Nurse, I worked in the Somerville Public Schools as a School Nurse caring for children with severe special needs. I am very excited to expand my role as a nurse across the lifespan of all Somerville residents. As the Public Health Nurse Manager, I organize flu clinics, perform surveillance and monitor certain diseases in the city and I help develop and implement emergency preparedness policies and procedures should we ever need to utilize them. This job keeps me busy and up to date on the always changing issues surrounding health and wellness. I am hoping that by having this monthly column in



your newsletter I can share important and interesting information about common health issues that are affecting us today. Please feel free to reach out to me by email, [sharris@somervillema.gov](mailto:sharris@somervillema.gov), or call me at 617-625-6600, ext. 4320.

Sincerely,  
Sara Harris, BSN-RN

## Words of Wisdom

*I have reached an age when,  
if someone tells me to wear socks,  
I don't have to. - Albert Einstein*

*We do not stop laughing because we  
grow old; we grow old because we stop  
laughing. - Thefreshquotes.com*

*If you would like to share your wisdom contact  
Debby Higgins, Outreach Coordinator at  
617-625-6600, ext. 2321.*

## Socially Speaking

Please join your Social Work Team, Ashley and Natasha, for lunch and conversation. Currently the Social Work Team is located at the Holland Street Center but we are hoping to meet you closer to your home. In June and July Natasha and Ashley will be joining the Cross Street and Ralph and Jenny Centers for lunch and will be speaking about healthy aging. Topics will include *The Stigma of Asking for Help, and Aging, What's Normal, What's Not Normal?*

Following lunch and conversation Natasha and Ashley will be available for one-on-one meetings to answer any questions you may have. The Social Workers can assist you with: baby boomer planning, applying for housing, or can discuss volunteer opportunities.

The Social Work Team will be at The Ralph and Jenny Center on June 15<sup>th</sup>, July 13<sup>th</sup> and July 27<sup>th</sup>. They will be visiting the Cross Street on June 22<sup>nd</sup> and July 20<sup>th</sup>. We hope to have lunch with you!

## Annual Mayor's Senior Picnic

Somerville Annual Mayor's Senior Picnic will be held Wednesday, August 2<sup>nd</sup>, at the Powderhouse Park on the corner of Broadway and College Avenue. This annual event is always free to older adults and is always a great time filled with good food, friends, terrific entertainment and lots of fun gifts. Tickets will be available the week of June 5<sup>th</sup>, you must have a ticket to attend. For more information or to receive a ticket contact Josie or Connie at 617-625-6600 x 2300.

# Spring has Sprung!



Spring is a beautiful time of year in Somerville. Unfortunately, azaleas aren't the only thing blooming. Ragweed and other pollen-producing plants also return in the spring. For older adults, allergy season presents a few unique challenges. The anti-histamines most of us use to help minimize the effects of allergies are not recommended for a large number of older adults. That is because they can increase blood pressure, as well as interact with other medications you may be taking. Pollens can also aggravate existing cardiac and pulmonary conditions. There are ways, however, that you can help survive allergy season.

They include:

- Use the air conditioning. It is sometimes difficult because you may not be hot. But keeping the windows closed helps to prevent pollens and molds from entering the house.
- Don't hang clothing or linens outside to dry. Instead, use the clothes dryer or hang them indoors to dry. Left outside, they can collect pollen, ragweed and other flying allergens.
- Keep an eye on pollen levels. That can help you plan outings for days when pollen counts are projected to be the lowest. There are several free services that will also alert you when pollen counts reach high levels. They include The Weather Channel, The American Academy of Allergy Asthma and Immunology and Pollen.com.
- Wear sunglasses when you are outside. Sunglasses can prevent pollen and other seasonal irritants from getting in to your eyes. A hat also helps prevent it from getting in to your hair and working its way on to your hands and clothing.
- Wash your hands after being outdoors. And make sure to shower as soon as you come in from working or spending any significant amount of time outside. Throw the clothes you were wearing in to the laundry. That can help prevent pollen from being spread around your house.
- Many nutritionists believe foods that help fight inflammation can help relieve some of the symptoms of allergies. Those include apples, walnuts, flax seed, ginger, leafy green vegetables and foods rich in vitamin C.

Be sure your primary care physician is aware of your allergy struggles. If you have multiple health issues it may be easy to overlook them. They may want to order an allergy test to determine what the exact cause of the allergy is so they can help to treat it better.

## Wacky Wednesdays

It's been lots of fun, we have been doing outings such as: Salem Willows, Lunch at the Porthole Restaurant and some shopping. Sometimes we make a stop at The Ginger Bread Construction House for some gingerbread cookies and their awesome muffins. May 31<sup>st</sup> we are going to Jimmy's for lunch then off to see Waist Watchers the play. We have many programs, activities and outings that we will be doing, perhaps some more theater and new places for lunch. We especially are looking forward to going back to Salem willows where everyone really enjoyed that trip. Watch for more special events over the summer.

## Cross Street Center

Stop by our Cross Street Center for our English Conversations Group which meets Mondays, Tuesdays and Thursdays from 10:00 a.m. to 11:00 a.m. Don't worry – no books, no test, just people from all over the world helping each other learn to speak English. We currently have over seven different countries represented, Haiti, El Salvador, Columbia, Brazil, Trinidad, Nepal, Hong Kong, Thailand and of course the United States. But you don't have to be from another country to attend - Everyone is welcome here!

# Spotlight on...

## **Delphine Van Roosebeke**

A BIG welcome to Delphine Van Roosebeke – Delphine joins the Somerville Council on Aging out as new nutritionist.

Delphine is a recent graduate from Tufts University with a Master's degree in Biochemical and Molecular Nutrition and with a previous Master's in Chemical Engineering from the University Leuven in Belgium. She has recently been working as a research assistant at the Friedman School of Nutrition Science and Policy and the Energy Metabolism Lab at the Human Nutrition Research Center on Aging and previously at the Phoenix Lab at Tufts Medical Center. Although Delphine has been doing wet lab work before coming to Tufts, she is a profound believer in community work as a means to improve people's health. Therefore, Delphine wants to pursue a PhD to study the impact of community-based interventions on the health status of underserved populations using scientifically validated biomarkers.

Delphine has a crush on nutrients and the magic they perform in our body, and loves to share her knowledge with anyone who wants to hear it in a fun and approachable way! She is aiming to focus her career on teaching nutrition classes and healthy living to help people move towards a healthier lifestyle.



City of Somerville

## **Council on Aging**

167 Holland Street  
Somerville, MA 02144  
617-625-6600 ext. 2300

[www.somervillema.gov/departments/  
health-and-human-services/council-aging](http://www.somervillema.gov/departments/health-and-human-services/council-aging)



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